

LESSON 1

SELECTING A PEDIATRICIAN



We show you how to choose a pediatrician, or, the doctor you and your kid may see for the next 18 YEARS

How to choose a pediatrician

- Decide what type of doctor you want, start your search early. Your child's primary caregiver may be an MD, Nurse Practitioner, or Physician's Assistant
- Where to start the search? Ask friends, your primary care doctor, or Google to see who is highly rated in your area
- Table Stakes:
 - Board-certified (your doctor has decided to complete additional qualifications and ongoing education programs). These can be FAAP or ABP
 - Does the doctor take your insurance?
 - Proximity to your home. (You'll have a lot of appointments)
 - Logistics. Accepting new patients? Office hours? Saturdays?
 - Can you interview them? During the interview, are they giving you their time and attention? Are they making you feel like your questions are dumb, or don't matter? Make sure your personalities are a match
 - Would your pediatrician have hospital privileges at your birth hospital? (nice, not necessary)

Additional resources

- ✓ **American Board of Pediatrics Certification info**
bit.ly/abp-cert
- ✓ **American Academy of Pediatrics Certification info**
bit.ly/aap-cert

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LESSON 2 TOURING HOSPITALS & BIRTH PLAN DECISIONS



Where should your baby be born? What sort of birth decisions do you need to make ahead of time? Find out in this video



Average doula cost: \$800-\$2,500. May be covered by insurance

How to select a hospital (If you have a choice)

- ☐ Do you have private rooms?
- ☐ Are there restricted visiting hours?
- ☐ Do you have a special areas of focus?
For example, a hospital may have a specialty in NICU (neonatal intensive care unit)
- ☐ Who will deliver the baby?
- ☐ Do you have a cigar lounge for proud new fathers?
- ☐ Does your partner's OB practice there? *
- ☐ Does your pediatrician practice there? *

* Nice, not necessary

Birth plan decisions to discuss

- ☐ Does your partner plan to have a natural delivery, or will she use pain medicines like an epidural? (It's entirely possible this plan may change when she gets into it)
- ☐ Who would your partner ideally like to deliver the baby? (Again, you may not have a choice)
- ☐ Would you like the support of a doula (a specialist who provides non-medical support during the childbirth process?)
- ☐ What options would you consider if something unexpected happens? For example, under what circumstances would she consider a c-section or episiotomy? (good to discuss with OB)
- ☐ Are birthing classes something she'd like to consider?
- ☐ How does she think you can be helpful?
- ☐ Will you cut the umbilical cord?

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Logistics

- ☐ If your partner goes into labor when you're not there, what's the plan? How will she reach you?
- ☐ If labor comes early, will we stick with our chosen delivery location, or have a backup option that focuses on premature birth?
- ☐ When labor begins, should we call the OB's office, or go directly to the hospital? Where's the hospital entrance? Where do you park? What's the quickest route to get there?
- ☐ Can you fill out pre-admission paperwork?
- ☐ Name, address and phone number of your hospital on the fridge?
- ☐ Plans for hospital transportation? Who will take your partner to the hospital in the event you're unavailable?
- ☐ Phone number for an ambulance service (in case of emergency)
- ☐ Plan for care for other kids or pets?
- ☐ Cook and freeze some go-to meals?

Communications & visitors plan

- ☐ Who do you want to be there for the actual birth? (Most couples choose just the two of you)
- ☐ What's the plan for visitors? Who will come, in what order?
- ☐ It's perfectly ok to want to enjoy your new family on your own before welcoming a deluge of admirers
- ☐ What's the plan for communicating updates to the world?
- ☐ What pictures are you guys ok sharing or not sharing in all of this communication? Via what channels?

Additional resources

- ✓ **Stanford on NICUs**
bit.ly/nicu-info
- ✓ **NIH on epidurals & more**
bit.ly/labor-drugs
- ✓ **All about doulas**
bit.ly/doula-info

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LESSON 3 WHAT TO PACK & LAST MINUTE ACTIVITIES



We chat about what you should pack for the hospital and other last-minute activities to finalize your prep

Pre-pack a bag a week or so ahead of time

- ☐ Phone chargers
- ☐ Clothes for you
- ☐ Clothes for your baby to wear home
- ☐ Something to read
- ☐ Energy sources of your choice. Hospital coffee is bad
- ☐ Healthy snacks
- ☐ Camera
- ☐ A name, or short list of names (you can't leave w/o one!)
- ☐ A comfortable pillow
- ☐ [maybe] a "push present"

Do this stuff when you get the big call

- ☐ Grab phone chargers
- ☐ Ask your partner what you can grab for her - special pillow, her ipad, favorite food or drinks, etc.
- ☐ Initiate your communications sequence
- ☐ Give your dog a hug

Additional resources

- ✓ What's your wife's love language?
bit.ly/5-love-languages-survey

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